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VOL 64 — NO 29 — COMPANY I

FRIDAY, OCTOBER 8, 2004

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CG declares Oct. domestic violence awareness month for depot families

October is recognized annually as Domestic Violence Awareness Month by the U.S. Marine Corps. The theme this year is “A Healthy Home – Creating Peace of Mind.” The focus is on strengthening honesty and accountability with our loved ones, cultivating an atmosphere of trust and respect within our families and maintaining peacefulness at home.

As the nation’s Force-In-Readiness, family stability remains a critical component of our ability to maintain operational readiness. For centuries, it has been the strength and security of the family that have allowed service men and women to go forth and accomplish any mission. Therefore, it is essential that we remain vigilant in our defense and preservation of family environments where security, love and warmth thrive.

Throughout the past decade, the Marine Corps has taken significant steps in a continuing effort to prevent family violence by educating Marines, sailors and civilian Marines on proven measures such as communication skills and the critical importance of building a safe and secure atmosphere at home. To these ends, the depot’s Marine Corps Community Services and our religious ministry teams offer a host of programs such as HEART, CREDO and PREP to assist individuals and their families.

Therefore, I am asking for the support of all commanding officers, officers-in-charge, sergeants major and first sergeants to get the word out and encourage our Marines, sailors and civilian Marines to participate in available programs that help maintain peace at home.

Ultimately, awareness is the key to breaking the hold that domestic violence has on many lives. All of our family members have the right to live with dignity and freedom, especially in their own home. As Marines, we are also inherently responsible for the safety and security of our families. We must be as ready to prevent and respond to domestic violence as we are to prevent and respond to threats against our great nation.

Therefore, I, Commanding General MCRD/WRR, do hereby declare this month of October to be Domestic Violence Awareness Month, signed this 1st day of October 2004.

J. M. Paxton Jr.

J. M. Paxton Jr.
Brigadier General, U.S. Marine Corps



OUT THE GATES Company I recruits begin the three-mile run portion of their final physical fitness test Oct. 1. After successfully completing 69 training days, the men become Marines today. Sgt. Len Langston/Chevron

Corps considering insecticide for cammies at factory level

BY SGT. SALJU K. THOMAS
Marine Corps Base Quantico, Va.

The Marine Corps is considering a plan to treat its camouflage utility uniforms with a man-made insecticide at the factory level prior to sale or issue.

The chemical permethrin is structurally similar to a naturally occurring chemical called pyrethrum, which derives from crushed dried chrysanthemum daisies, according to the Environ-

mental Protection Agency’s Web site.

Permethrin currently is applied at the unit level prior to and during deployment, said Lt. Col. Gabe Patricio, program manager, Infantry Combat Equipment, Marine Corps Systems Command.

Factory treatment of uniforms would make the logistics of protection much easier for units and individual Marines, said Navy Capt. Eric C. McDonald, surgeon with I Marine Expeditionary Force.

McDonald said there are two methods to apply permethrin in the field: “The first is individual dynamic application kits – sometimes called the shake-and-bake kit because an individual can treat one uniform in the kit by placing it in a bag and shaking it up to saturate the uniform, then taking it out to dry.”

In the other method, preventive medicine technicians spray a mass of uniforms in spacious, non-windy,

SEE **Insecticide**, pg. 2

Single Marine Program attends sports show taping

BY PFC. DORIAN M. GARDNER
Chevron staff

Depot Single Marine Program members and Naval Medical Center San Diego’s Medical Holding Platoon Marines took a day off and headed to Los Angeles to watch a taping of “The Best Damn Sports Show Period” Sept. 30.

The cable television show features sports news, trivia and witty conversation from comedian Tom Arnold. The show is hosted by an all-star lineup of former football players, Playboy Playmate Lisa Dergan, former Rams cheerleader Lisa Guer-

rero and comedians Arnold and Chris Rose.

“The show was cool. You have to clap a lot. It was pretty cool seeing those super stars up there ... and the Hooters girls,” said Pvt. Alfonso M. Moncada, depot logistics.

Some of the guests featured on the show were Seattle Seahawks quarterback Matt Hasselbeck, running back Shaun Alexander and actor Rob Lowe.

“The show wasn’t what I expected, but I had a good time. It was cool to see the people that you only see on TV in real life,” said Lance Cpl. Wendell E. Hoggard, Medical Holding Platoon, Naval Medical Center San Diego.

SEE **SMP**, pg. 2



BOOTCAMP CHALLENGE

Civilians run with Marines for annual race through recruit training obstacles 6



COASTIES TAKE SOCCER



Insecticide, from pg. 1
dirt-free places, said McDonald.
“(There are) not many of those in the desert,” said McDonald.
“The current field application methods result in a high possibility of untreated or incorrectly treated uniforms,” said Patricio. He added that the requirement to treat uniforms during a deployment also burdens units.
Commercial outdoor clothing pre-treated with permethrin is widely available at many outdoor and sporting goods stores. Patricio sees the progression to treating utility uniforms as a way to afford the same protection to Marines. The EPA approved the treated items for wear by adults, children, and even pregnant women, said Patricio.

Permethrin works as a contact insecticide, preventing insects from biting through clothing. Permethrin is effective against multiple species of crawling and flying insects, including mosquitoes, ticks, fleas, bedbugs, chiggers and flies.
Uniforms treated with permethrin are probably the most important part of the personal protection system to protect against insect-borne disease, said McDonald. Insect bites can spread several diseases, including leishmaniasis, malaria, West Nile virus, Lyme disease and encephalitis. Permethrin-treated uniforms protect against these bites, said McDonald.
“It’s easy for docs like me to be passionate about prevention, especially when you’ve seen someone die from a preventable disease like malaria, or become disfigured from a disease like leishmaniasis, or brain damaged from insect-borne encephalitis,” said McDonald.
During operations in Liberia, 80 deployed service members contracted malaria, 75 percent of which were Marines, said Cmdr. David L. McMillan, preventive medicine officer at

Headquarters Marine Corps. Most of their uniforms were not treated with permethrin, he added.
“The data is very compelling,” said Patricio. According to Army Maj. Dwight L. Rickard of the Armed Forces Pest Management Board, the cost of treating 80 malaria cases at \$2,800 each is \$224,000. The cost of the loss in readiness for one month for 80 cases is \$1.2 million, bringing the total loss to \$1.4 million.
The cost of treating five sets of uniforms for 80 Marines at \$8 per set using a private company is \$6,400. Patricio said he expects the cost of treatment to be reduced to \$2.50 per set as more suppliers enter the market to provide this product. The Army, also considering this treatment for their new combat uniform, could add the volume necessary for a significant reduction in cost, according to the Army’s Web site.
“This method of protecting our troops is safe,” said Dee Townes, Marine Combat Utility Uniform projects officer.
Testing has shown permethrin to be highly effective against insects even after 50 home washings of the uniform. “The challenge now is to reproduce these results in mass manufacturing process, and we’re working very hard to ensure this will be done right,” said Patricio. Marine Corps Systems Command continues tests to determine the failure point compared to the service life of the uniform and to verify its effectiveness against other insect threats.
Permethrin-treated uniforms will be clearly marked, said Patricio, and deploying troops will be the first to get the uniforms. He said if the Commandant of the Marine Corps approves the current plan, he expects implementation approximately 90 days from the decision, and complete transition to treated uniforms on the shelves approximately nine to 12 months from the decision.

Q&A Lt. Col. Gabe Patricio, program manager, Infantry Combat Equipment, Marine Corps Systems Command, and Cmdr. David L. McMillan, preventative medicine officer at Headquarters Marine Corps, answered questions about the insecticide plan.


Why are we considering this new method of treatment?
Patricio: Treating permethrin at the production stage eliminates the risk of Marines deploying to an area with untreated or incorrectly treated uniforms.

How is this different from the current method?
Patricio: Currently, uniforms are treated at the unit level or by individuals.

How long will permethrin stay on the uniform?
Patricio: Testing has shown it to be highly effective against insects even after 50 home washings of the uniform. Tests are still ongoing to find the failure point.

When will the uniforms be available?
Patricio: If approved, implementation could start 90-180 days from decision, with 9-12 months before complete transition.

Are there any health effects associated with using permethrin treated-uniform?
McMillan: Repeated studies and evaluations have shown



A I Marine Expeditionary Force corpsman sprays cammies with permethrin in Iraq. Lance Cpl. J.C. Gubord

no proven, consistent long-term health risks associated with permethrin use or exposure.

Is it OK to wash treated uniforms with other clothing?
Patricio: It is safe to wash the uniform with other clothing. Permethrin does not easily come off the uniform.

How much will this cost?
Patricio: Currently, the cost of the uniform would increase \$8 a set, though as more suppliers enter the market the cost of the treatment could go as low as \$2.50 per set.

Why do this?
Patricio: This is a force protection issue. Treating uniforms with permethrin is one of the preventive measures to protect Marines from insect-born diseases. But it is not a cure all. Other preventive measures such as medications, DEET, protective netting, good field hygiene habits and common sense are all part of it.

SNCOs COME TOGETHER TO DISCUSS LEADERSHIP

Brig. Gen. John M. Paxton Jr., commanding general, Marine Corps Recruit Depot San Diego and the Western Recruiting Region, addresses the depot staff noncommissioned officers at the recreation center here Sept. 30. Sgt. Maj. Frank E. Pulley, depot and WRR sergeant major, also made remarks. The leaders addressed subjects such as safety, manpower, civilian attire and tattoos. They also fielded questions and comments from the SNCOs. Lance Cpl. Jess Levens/ Chevron



SMP, from pg. 1
For more than a year, SMP has taken Marines on extracurricular adventures. The program members have seen other show tapings, and they’ve gone on rock climbing and snowboarding excursions.
According to SMP coordinator Britney O’Connor, Debbie Paxton, the commanding general’s wife, suggested that SMP incorporate Marines from the Medical Holding Platoon in future trips.
“The Single Marine Program is an extremely warranted program. It gives Marines the opportunity to get away from the office for a day and experience something new,” said Lance Cpl. Jason A. Maat, depot adjutant clerk.
O’Connor has been the coordinator of the Single Marine Program for 13 months. She arranged trips to San Francisco and Hawaii.
Beginning Oct. 29, SMP will be taking a three-day trip to Las Vegas at an off-the-strip hotel. For more SMP event information, call O’Connor at (619) 524-8240.

This month, think “Healthy Home – Peace of Mind”

October is Domestic Violence Awareness Month. The theme “Healthy Home – Peace of Mind” offers an opportunity to look at several components of a healthy relationship.
Everyone needs love, but it’s crucial to remember that love is not a guarantee. And love by itself will not be a sufficient foundation for a healthy relationship. What matters over time is enjoying each other’s company, working out any disagreements, respecting each other and having similar values and goals. No one can change another person. No matter how much you try, or how much you love someone, you can’t solve all of their problems. You can only take responsibility for yourself.
Mutual respect is the basic ingredient that allows couples to share their love, resolve conflicts peacefully and be supportive of one another and to receive needed support from their spouse or significant other.
Forgiveness is key. People in healthy relationships

understand that no one is perfect. They work through problems together for the common good and do not hold grudges.
Intimacy is about sharing romance and sexuality, but it also includes sharing fears and hopes, life experiences, values and goals.
Honest communication is a two-way street of talking and listening. It is not about blaming or withholding. It means that each partner feels free to express opinions, thoughts and feelings, knowing these are important to the other person. Active listening assures that each is, and feels, heard.
Empathy enables partners to stand in the other person’s shoes. They can put aside their needs to focus on their partner’s needs. This only works well when both know they care about each other’s needs. Compromise plays an important part in this.
Shared responsibilities help both people feel valued and appreciated. Practical matters are divided equally

with each person taking responsibility for certain chores. Chores can also be shared equally with both people helping each other.
Trust and support offers an environment where a good relationship is a safe place. Partners support each other in good times and when times are tough. Effort and commitment signal that partners are determined to work on the relationship and help it succeed.
A good relationship starts and ends with fidelity. Both partners are committed only to each other in every way. This includes the sexual relationship and also the emotional connection. In this time of instant gratification and lack of societal imperatives, infidelity is rampant and the surest way to end what might have been a terrific relationship.
The wedding is one day, but developing a marriage is a long-term endeavor. Growing up and growing together often happen at the same time and is challenging to say the least. The rewards, however, far outweigh the difficulties.

SEMPERTOONS



SEMPERTOONS



Learning goes beyond boot camp and A-school

BY CPL. ROCCO DEFILIPPIS
Marine Corps Air Station Cherry Point, N.C.

Boot camp was great, wasn’t it? When you left, you were hard core – a motivated, rough, tough and ready, basically trained Marine.
So the Corps worked on you a bit more. A little time at Marine Combat Training helped to hone your skills as a basic rifleman. Oohrah, now we’re getting there.
But because the Marine Corps depends on specialized job fields, you left MCT for your military occupational specialty school where you learned the basics of your job. The idea of A-school is not to train Marines to leave with a Ph.D. in their job field, but to have a basic understanding of the tasks they will be expected to perform on a daily basis.
But does it stop there? Does one leave the schoolhouse, get to the fleet and drive on, content with the basic knowledge of his job? May it never be. The whole idea behind professional military education is that it is an ongoing process, from stepping on the yellow footprints to graduating from the staff academies and moving on to war-fighting schools. A good Marine is always learning – learning his job, how to do it better, and how to train others.
I recently returned from my military alma mater, the Defense Information School at Fort Meade, Md., after a 13-day course in public affairs leadership. As the junior member in a class of 20 or so seasoned staff noncommissioned officers and

NCOs, many people questioned why I was there. I will admit most of the things I learned were a bit above me, things I won’t deal with for a while, but it was a great experience for me because I learned how each tiny piece of my job field fits together to accomplish the overall mission.
And that’s what PME is all about. Once you have an understanding of the big picture, the little parts seem to fall into place a lot better. It’s like one of those paintings you look at from far away and you see a portrait or a train or something, but once you get close, you realize it’s formed from hundreds of smaller pictures.
But the benefit to your own understanding isn’t the only benefit of PME or advanced MOS specific training. Being back in the schoolhouse environment benefits the young Marines who are more than excited to get out to the fleet and start “whipping it on.” That mentorship between student and “fleet returnee” is a vital link between the classroom and real-world experience. I had a chance to talk with a young Marine who was having a hard time with an assignment, and I coached him in the best direction. I, too, was fortunate to have dedicated NCOs when I went through the first time to help coach me.
I encourage all of you to never stop in your PME. Whether it’s doing a few Marine Corps Institute courses, attending the Corporal’s Leadership Course, or returning to your military schoolhouse for additional training, it will truly pay dividends in the end.

Avoid court process of passing SGLI benefits to minors

Legal Assistance Office

Have you named your child as a beneficiary of your Servicemembers’ Group Life Insurance? The answer to that question is yes if you’ve listed a child’s name in either

LEGAL

the primary or secondary beneficiary column of the SGLI form.
Do you know what will happen if you have named your child as a beneficiary and your SGLI benefits pass down to your child while he or she is a minor?
The government will not release SGLI benefits to minors because it deems children under 18 not responsible enough handle money. As a result, when SGLI benefits pass down to minors, the courts step in and appoint a conservator, i.e. someone who watches over and controls the money left to minors.
The process that the courts use to appoint a conservator could take several weeks or even months, and it will cost money. The money to pay for this process will be subtracted from the SGLI benefits that have been left for your child. Therefore, your child will not receive as much money. The amount of time that the process will take and the cost of the process is different in every state. Additionally, the person who the court appoints may not be the person that you would have chosen.
You may think that you can avoid this lengthy court process by listing someone who has agreed to watch your child’s money as the named beneficiary on the SGLI form. This is very dangerous because you have designated another person as your beneficiary, and the person has the right to spend the money in any way that he or she wants, and the court cannot ensure that the money is used for the benefit of your child. Therefore, if the beneficiary that you’ve named decides to spend your SGLI on himself and your child ends up with nothing, the court cannot do anything about it.
There are ways you can ensure that your child receives his or her SGLI benefits in the manner and time you want, without having the benefits reduced by your child “by name” on the SGLI form. You can use specific language that states that the beneficiary of your SGLI is a trust that has been created for the benefit of your child. Using a trust is beneficial because it allows you to designate a trustee, or a person who controls the money in the trust. Therefore, you, not the courts, determine who watches over your child’s money. Also, a trust is beneficial because the courts have the power to monitor how trustees use the money they control. Often, a trustee will have to file reports

with the court annually. Therefore, the courts can act to ensure that the money in the trust is actually being used to benefit your child.
In addition, using a trust allows you to designate a specific age that your child will receive the money in a lump sum and gives you the freedom to allow the trustee to spend money from the trust to pay medical or educational expenses for your child.
Trusts
Two types of trusts can be used to ensure that your child receives your SGLI benefits. One is the living trust and the other is the testamentary trust. In order to ensure that your SGLI passes into these trusts, you must use specific language on the SGLI form. You must have your trust created prior to designating it on your SGLI form.
Living Trusts
The living trust comes into existence while you are still alive. You create it by putting a small amount of money or property into it in order to fund it. Then, when it is time for your SGLI to be distributed to your child, the SGLI will be added in to this trust.
Although the living trust may sound simple, it is actually complicated to establish and should be done by a trust and estate law specialist. A testamentary trust will accomplish the goals of most military families.

Testamentary Trusts
The testamentary trust is different from the living trust because it does not contain any money or assets until after you pass away. You do not need to put any money or assets in it right away. The terms for the testamentary trust are written in your will. For example, you can name a trustee and designate a specific age that your child will receive the money in a lump sum. In addition, you can give the trustee the ability to use the trust to pay expenses relating to health, education, maintenance, and support of your child. After you pass away and your will is probated, the SGLI money will fund the trust. Since the will must be probated before the money can enter the trust, the trustee will not have control of the money as quickly as he or she would have if the living trust had been used.
The Legal Assistance Office at MCRD San Diego is able to write testamentary trusts. If you are interested in creating a testamentary trust, please come into the office or call (619) 524-4111 for an appointment.
General Warning
Before designating a trust as a beneficiary on your SGLI form, ensure you have created a living trust or executed a will that contains language establishing a testamentary trust.

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RS Orange seeks Marines

Recruiting Station Orange County is looking for motivated Marines between the ranks of private and sergeant to return home for 30 days permissive Temporary Assigned Duty and help out recruiting efforts during the November and December holiday season. RS Orange's area includes Hawaii and Guam. If you are interested, inform your unit/command and then call Sgt. Maj. Leonard R. Rivera at (949) 261-0131 or Gunnery Sgt. Brent A. Engelhardt at (949) 261-2049.

Fashion show and giveaway

Organizers are seeking donated ball gowns for the second annual ball gown giveaway and fashion show called "An Evening Under the Stars" at the depot exchange courtyard Oct. 13 at 5:30 p.m. Parking will be available in front of Shepherd Memorial Drill Field. For more information, contact Natalie Francisco at (619) 524-0916.

Calling all car nuts

A new History Channel reality show called "Full Throttle" follows two teams of two friends, families or relatives as they fix up classic cars and eventually drag race them. Producers are looking to cast soldiers and Marines in a future episode. The show doesn't necessarily focus on service competition. Instead it provides a fun and friendly environment in hopes of boosting the participating troops' morale. There are two 10-hour days to modify a working classic car in a garage with tools and professional assistance. The classic car is provided by the show. If the Marines win, they take both cars home. The casting producer is looking for two Marines to cast as soon as possible. For more information, call casting producer Marty Collins at (818) 385-4260.

Extreme Makeover

ABC's Extreme Makeover: Home Edition is currently seeking a military person who owns a house in the Southern California area, who has spent extraordinary amounts of time away from their family because they have been defending our country, who may have been injured going above and beyond the call of duty by helping others, and has absolutely no time or resources to make home improvements.

The show is seeking a Marine or service member who has a compelling story and is

an upstanding member of the community. If you have any information about possible candidates, please call Staff Sgt. Sergio Jimenez, (310) 235-7272 or fax (310) 235-7274, or write to Public Affairs Chief, Marine Corps Motion Picture & TV Liaison Office, 10880 Wilshire Boulevard Suite 1230, Los Angeles, Calif., 90024.

Operation Homecoming

Operation Homecoming will run through Veteran's Day, allowing returning service members and up to four direct dependents, a one-time, free entry to one of the Sea World, Busch Gardens or Sesame Place parks. The offer provides for one visit to one park only.

Proof of deployment or overseas service is required along with a valid Department of Defense identification and completed application form. Application forms will be available on-line and at park front gates.

Marathon MAC flight

Marine Corps Community Services at Marine Corps Air Station Miramar, Calif., is in the process of securing a Military Airlift Command flight to the Marine Corps Marathon Oct. 31, in Quantico, Va. We are collecting names of any active duty in the Southwest region who would be interested in taking advantage of this flight. Space is limited to 40 people, but a waiting list will be created once these slots have been filled. For more information, contact Michele Bean at DSN 267-7700, (858) 577-7700 or via e-mail at michele.bean@usmc-mccs.org.

Leaders requested to promote climate survey

The Marine Corps Climate Survey is a Marine Corps-wide survey that measures perceptions of organization and command climate, as well as experiences of discrimination and sexual harassment. The survey is sponsored by the Manpower Equal Opportunity Branch, Manpower Plans and Policy Division, Manpower and Reserve Affairs Department, Headquarters U.S. Marine Corps.

The success of efforts in evaluating these areas depends on the individual Marine, regardless of rank, ethnicity or gender.

Approximately 11,000 active duty Marines and 9,000 Marine reservists have been randomly selected to participate in the survey. For the data to be valid, it is important that those Marines complete and return it.

Responses to the survey will be analyzed for differences



Lance Cpl. Michael J. Pacitti, Consolidated Personnel Administration Center clerk, putts while Lance Cpl. Daniel P. Martin, CPAC clerk, waits his turn Monday at the Admiral Baker Golf Course during the fourth annual San Diego Gas and Electric All Enlisted Golf Tournament, part of San Diego's Fleet Week. Sgt. Len Langston/Chevron

among ethnic groups, between male and female Marines and between officers and enlisted personnel.

Leaders at all levels are requested to support this effort by encouraging those Marines randomly selected to participate and complete the survey upon receipt. The survey addresses important issues that affect all Marines, and their quick response will ensure their opinions are reflected in the findings.

Air Show Tickets on Sale

Marine Corps Air Station Miramar is hosting its annual air show Oct. 15-17. The show is free and open to all. Tickets for preferred seating may be purchased online, or a ticket form can be downloaded, then faxed or mailed.

Tickets may also be purchased at the MCAS Miramar Entertainment Ticket Office, Building 2524. Preferred seating offers upgrades including shaded seating, food and beverage service and more. There is a special offer for active-duty military, retirees, reservists and their family members with valid identification cards. Preferred seating options have been greatly discounted, and grandstand seating is free to eligible personnel Oct. 15.

Military ticket purchasers can buy tickets for guests on a one-to-one basis. A military family of two adults and two children can buy two additional adult and children's tickets for the same price. Military identification must be present

with the tickets. Miramar Department of Defense employees are included in this offer. For more information, go to www.miramairshow.com or call (858) 577-1016.

Partners in Beauty

Partners in Beauty and Operation Homefront have joined forces donating military makeovers to active duty military and military spouses.

As a thank you for the support and service of San Diego military, a combination of services valued over \$45,000 will be donated by San Diego's best health and beauty professionals.

Services will include cosmetic surgery, laser vision correction and cosmetic dentistry. Operation Homefront is an organization serving San Diego military families. Partners in Beauty is an organization connecting its members to the best health and beauty services, while benefiting various charities. Submit applications, available online at www.partnersinbeauty.com to Partners in Beauty before Oct. 10. All instructions are on the application. For more information, send an e-mail to partnerinbeauty@hotmail.com

Submit possible briefs to the Chevron via e-mail to edward.guevara@usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards and regulations of the U.S. Government.

The Hatch Act

Explaining conduct in political activity

In this time of heightened political activity, it is a good time to review permitted and prohibited political activity of federal employees. The following is general guidance only and the Office of Special Counsel should be contacted for information and advice of specific questions and situations.

The Hatch Act, passed by Congress in 1939, imposed significant restrictions on federal employees, government employees, and certain state and local government employees on their ability to participate in political activities. In 1993, Congress amended the Hatch Act to relax some of the restrictions. Most federal employees are now allowed to take an active part in political management or in political campaigns.

Do's

Federal employees may:

- be candidates for public office in nonpartisan elections
- register and vote as they choose
- assist in voter registration drives
- distribute campaign literature in partisan elections
- express opinions about candidates and issues
- contribute money to political organizations
- attend political fund-raising functions
- attend and be active at political rallies and meetings
- join and be an active member of a political party or club
- sign and circulate nominating petitions
- campaign for or against referendum questions, constitutional amendments, and municipal ordinances
- campaign for or against candidates in partisan elections
- make campaign speeches for candidates in partisan elections
- hold office in political clubs or parties

Don'ts

Federal employees may not:

- use official authority or influence to interfere with an election
- solicit or discourage political activity of anyone with business before their agency
- solicit, accept, or receive political contributions (may be done in limited situations by federal labor or other employee organizations)
- be candidates for public office in partisan elections
- engage in political activity while on duty or in a government office
- wear political partisan buttons on duty or engage in political activity while wearing an official uniform
- engage in political activity while using a government vehicle

Source: Office of Special Counsel, which is responsible for administration of law and regulation regarding such activity. Please visit their Web site at www.osc.gov.

Yoga

Phillips Hall
Fitness Center,
Wednesdays,
4:15 p.m.

Provided by
Marine Corps
Community Services

Ashtanga

CLEANSING MIND, BODY & SOUL



Ashtanga yoga instructor Tori Piceno lifts her body while balancing her weight on her hands. Lance Cpl. Mikel L. Savides/12th Marine Corps Recruiting District photos

LANCE CPL. MIKEL L. SAVIDES
12th Marine Corps Recruiting District

At 4:15 p.m. every Wednesday at Phillips Hall, Tori Piceno liberates the depot's weary with Ashtanga, yoga taught to soothing music and a stress-free environment.

Piceno has practiced yoga for nearly 12 years. Her mother incorporated stretching and flexing into interactive games with the family and sparked interest in yoga and created Piceno's passion for it at a young age.

From there, Piceno took off with yoga. Having a good base knowledge of her body as a child, she began practicing.

Traveling through Nepal on the way home from a climbing trip, Piceno got stuck in India. After realizing she would not return home for some time, Piceno said she stayed in India practicing yoga in an Ashram, or spiritual retreats hosted in India.

After her study in India, she decided to teach yoga, which she has done for nearly five years. Piceno said once she began practicing and teaching steadily, yoga gave her clarity and a naturally cleansed mind.

"Yoga will dictate your lifestyle," Piceno said. "It forces you to be disciplined. Everyone can do it if they choose to. It is not a matter of physical ability but more a willingness to let yourself learn."

She also said yoga is different for everyone, but the benefits are the same whether someone is 6 or 60 years old.

"We have marathon runners such as myself, or triathletes that come here to use it as physical conditioning. Yoga connects your mind and body and allows you to be more in tune with yourself. Although some people use it as a spiritual or religious thing, not all do," said Piceno.

She also explained that there are different styles of yoga such as Bhakti, Karma and Mantra, to name a few. Different styles of yoga serve different purposes depending on the person doing yoga. Some styles are for meditation and men-

tal stability, and some are for awakening physical strength within the muscles.

However, all yoga is done to purify or cleanse the mind body and soul, according to Piceno. All aesthetic benefits like toned muscles and improved physical strength are considered among the fringe benefits.

Since giving birth, Piceno said yoga helped her regain strength and flexibility lost during pregnancy. After her child was born, she slowly rebuilt the strength she lost during pregnancy. Now back at her

peak, she remains teaching at the depot for herself and to hopefully spread her knowledge of Ashtanga.

Piceno said she feels it is a very beneficial thing for people to have in their life whether someone is seeking spiritual enlightenment or just a break from the everyday routine.

"You don't have to have a strict diet or fast yourself to do yoga," she said. "Give me a cold drink and some barbecue and I am all about it, but yoga can help in any and every aspect of someone's life."



Piceno teaches a position that strengthens the legs and stretches the back and shoulders. Ambient music fills the room.



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Candace Seaborn, outfitted in camouflage bottoms, passes through a water spray as she approaches the obstacle course. Seaborn finished the challenge in 28:25, placing seventh in the 35-39 age group. *Sgt. Len Langston/Chevron*

BOOT CAMP CHALLENGE

If training was really this fun



Boot Camp Challenge competitors overtake a hay bale obstacle here Saturday. More than 1,600 people entered the depot Saturday for the event. *Photographer's Mate 1st Class Michael Moriatis/Fleet Reserve Public Affairs Center San Diego*



A Boot Camp Challenge racer scrambles under an obstacle on the bayonet assault course. The race took competitors all over the depot to give them a realistic feel for recruit training. *Sgt. Len Langston/Chevron*



BY SGT. LEN LANGSTON
Chevron staff

Runners who enjoy a little drill-instructor style encouragement with their physical activity entered the depot gates Saturday morning for the third annual Boot Camp Challenge organized by Marine Corps Community Services here.

This year's race drew 1,618 participants, slightly less than 1,650 from last year.

The three-mile course on paved roads and packed dirt featured 17 obstacles, which included hay jumps, low and high log obstacles, trenches, cargo nets and push-up stations.

"This is a unique race," said Brent Poser, Semper Fit director. "It's a fun way to let the civilian community see what the depot is all about."

Sixty drill instructors from Recruit Training Regiment posted along the route, giving encouragement to racers every step of the way.

"I saw a lot of good responses from (participants)," said 1st Sgt. Nicolyn M. Woodarek, Instructional Training Company first sergeant. "It's a good opportunity for civilians to get a taste of what recruits go through."

MCCS booths and 26 vendors and sponsors set up near the start and finish point with food, merchandise, free photographs and massages. Events began with the traditional posting of the colors and playing of the "Star Spangled Banner."

The individual men's group started the race, and the women's group followed ten minutes later. Three and five-person teams went last. Runners as young as 4 years old and as mature as 82 years old made a mad dash toward the obstacles.

Last year's winner, Jon Clark, made a repeat performance with an overall winning time of 18:24.

Laura Knight took the women's category, coming in at 22:01.



From the top of a log hurdle, a drill instructor encourages competitors. *Photographer's Mate 1st Class Michael Moriatis/Fleet Reserve Public Affairs Center San Diego*



Competitors of the third annual Boot Camp Challenge start the three-mile run through the historic grounds of the depot where recruits are forged into Marines. *Photographer's Mate 1st Class Michael Moriatis/Fleet Reserve Public Affairs Center San Diego*



Drill instructors encourage competitors to complete push-ups before heading onto the next obstacle. *Photographer's Mate 1st Class Michael Moriatis/Fleet Reserve Public Affairs Center San Diego*



Recruiting Substation Ogden canvassing recruiter Staff Sgt. Daniel V. Velis Jr. was awarded the Bronze Star with combat distinguishing device for leading a squad into fierce fighting and overcoming an ambush. He also pulled a wounded Marine to safety from a kill zone.



Col. Arthur J. Corbett, 12th Marine Corps Recruiting District commanding officer, pins the Air Medal with combat distinguishing device on Capt. Mark R. Vanderbeek. Sgt. T.L. Carter-Valrie photos

Salt Lake recruiters awarded for combat heroism

SGT. T. L. CARTER-VALRIE
12th Marine Corps Recruiting District

Two Recruiting Station Salt Lake City Marines were recently awarded combat medals during an all-hands ceremony recently for heroism during Operation Iraqi Freedom.

Recruiting Substation Ogden canvassing recruiter Staff Sgt. Daniel V. Velis Jr. was awarded the Bronze Star and RS Salt Lake City officer selection officer Capt. Mark R. Vanderbeek was awarded the Air Medal. Both men received combat distin-

guishing devices with their medals. Velis deployed in February 2003 with 3rd Battalion, 5th Marines to fight in the global war on terrorism. “To me, it was a team effort,” Velis said. “I did what any other Marine would do.” According to Velis’ citation, he led a squad into fierce fighting and overcame an ambush. A few days later, he pulled a wounded Marine to safety from a kill zone. “Millions of things were running through my mind at that moment, but all

I could think about was, ‘I have to get my boy,’” said Velis, who received a combat promotion. As Velis fought the ground battle, Vanderbeek, a CH-46 helicopter pilot with Marine Medium Helicopter Squadron 364, was evacuating wounded Marines. “The medivac mission is perhaps the most meaningful and important mission we did as pilots,” said Vanderbeek. “All statistics point to a great success in getting critically wounded Marines to medical care in that golden hour when immediate care can mean the difference

between life and death.” Vanderbeek navigated his helicopter through enemy fire to help save lives. “Ultimately, I was just glad to have the opportunity to help out,” said Vanderbeek. Col. Arthur J. Corbett, 12th Marine Corps Recruiting District commanding officer, presented the awards. After the citations were read with Marines at attention, Corbett reminded them, “The summary of actions speaks highly to everything we hope to become as Marines.”

Senior DI exercises passion for lifting



Sgt. Steve D. Thompson, Platoon 3008 senior drill instructor, Company I, juggles a platoon, a family and time to bench press as many as 400 pounds. Sgt. Len Langston/Chevron

BY SGT. LEN LANGSTON
Chevron staff

Lifting more than 400 pounds is a task few men have the strength to accomplish. Adding the weight of bearing the responsibilities of 80 recruits and a family with two children is even more difficult. Sgt. Steve D. Thompson, Platoon 3008 senior drill instructor, Company I, stepped onto the drill field March 2002 with the responsibilities of making Marines on his shoulders. His passion for powerlifting has lightened the load of those responsibilities. Maintaining the energy and drive throughout his endeavor on the drill field has not been easy, but Thompson is continuing to go strong. “He can stay focused on more than one task and be successful, and that’s outstanding on his part,” said senior drill instructor Staff Sgt. Evann R. Rogers, Platoon 3005, Company I. Thompson grins when he says powerlifting is his passion and that it has taken a bit of the edge off of being a drill instructor. “It relieves the frustration and stress from a long days work and keeps my mind off work,” Thompson said. Thompson gives his wife a lot of credit for making it through his tour as a drill instructor. “She’s the main reason I’m still here today,” said Thompson. “She has a great and bright outlook on things.” “I’ve had to give a little more (because of demanding hours), but I support him in everything he does, including his powerlifting,” said his wife Navy Petty Officer 2nd Class Penny Thompson. “That’s his life,” said Rogers. “After working all day he would only talk about lifting and he’d want to go work out.” “I would lift after lights were out, but it was difficult adjusting and not having time (for serious lifting),” Thompson said. Thompson is a recognized powerlifter, participating in national competitions in New York, Louisiana and Nevada. He owns the Louisiana bench

press record, which has stood since 2001, with a lift of 402.2 pounds in the men’s single lift bench press in the 198-pound class, junior men ages 20-25 category, according to the World Association of Benchers and Dead Lifters. In 1999, Thompson also competed in a world-class competition in Reno, Nev. Thompson was introduced to the sport when he arrived at II Marine Expeditionary Force, Camp Lejeune, N.C., his first duty assignment. There he met Master Sgt. William P. Wooten, a body builder and Thompson’s senior staff noncommissioned officer. Williams mentored Thompson and began training him on a course to succeed on the drill field and setting a foundation for strength training. “We would run him twice a day, three to four miles with a pack, and keep him under 18 minutes. He always scored 300 on his (physical fitness test),” said Wooten. “I ran in the morning and again in the evening, five days a week with a 40-pound pack,” said Thompson. “He had a lot of fortitude and would never quit,” said Wooten. “He worked hard to achieve his goal (of becoming a drill instructor) and that speaks a lot about his character.” Thompson compares competitive powerlifting to competition on the drill field: “You don’t know what to expect on the drill field and during competition. The training schedule is the same just as each competition, but everyday is different and each lift and result is different.” The 192-pound muscle-bound Marine carries his 5-foot, 8-inch frame with confidence around the drill field knowing he’s accomplished only what few Marines undertake. “It has been a humbling experience and I’m really glad to be here,” he said. “It’s a long road. It’s one cycle at a time and when you get to the end you can say, ‘I made it.’”

Fueled by father

Family’s influence led new Marine over obstacles



Pfc. Andre A. Villanueva, Platoon 3008, Company I, lost 75 pounds in his quest to become a Marine. Sgt. Len Langston/Chevron

BY CPL. SHAWN M. TOUSSAINT
Chevron staff

Being the son of a retired Marine master sergeant can affect a young man’s feelings about serving his country. Since early childhood, Pfc. Andre A. Villanueva, Platoon 3008, Company I, learned the value of serving his country from his father Augustine Villanueva, who served in the Marine Corps from 1973 to 1989. “I am extremely proud of (Andre),” said Augustine. “I told him that if he became a Marine I could die happy.” Service in the Corps has become a family tradition for the Villanueva family, said Augustine. One of Andre’s older brothers also followed in his father’s footsteps and joined the Corps. “I was pleased when he told me he wanted to continue with the family tradition,” said Augustine Villanueva. Augustine, a Vietnam War era veteran, knew what the implications of his son joining the Marine Corps during a time of war would bring. “I do not wish it on any parent to have to bury their own child, but to have a child willing to sacrifice everything to serve his country is something that makes me very proud,” said Augustine. “I know he has the leadership abilities to do what he has to do if called upon.” With the support of his father, Villanueva set out on his mission to become a Marine, but he would need to overcome a demanding challenge. The challenge was his weight. Weighing 270 pounds may have helped him as an offensive lineman at Moreno Valley High School in Southern California, but it did not help him earn the title Marine. “My father told me what I needed to do in order to be eligible to even go to boot camp,” said Villanueva. “I was determined to lose the weight. For a month, I ate only two cans of tuna and drank two gallons of water a day.” Villanueva’s extreme diet worked. He was down to 237 pounds by the time he arrived here. With more than 15 pounds left to lose according to Marine Corps weight standards, Villanueva was tagged a “diet recruit” when he checked in to recruit training. Villanueva did not let his weight interfere with his ability to quickly emerge as a leader in his platoon, according to his senior drill instructor Sgt. Steven Thompson. “He told me I was the most motivated recruit in the platoon and he was possibly going to make me the guide,” said Villanueva. Usually, the platoon guide is the strongest, fastest and loudest recruit in the platoon, making the overweight Villanueva an unusual choice. “I knew that I would have to prove myself day in and day out to prove I was worthy of the job,” said Villanueva. “I earned the respect of my platoon by putting their needs above my own. I thank the drill instructors for teaching me to lead by example ... they are phenomenal leaders.” At today’s graduation, Villanueva stands as a proud 195-pound Marine. His sustained determination and leadership abilities earned him the title Marine, and he was named honor man for his series. Along with his dad’s influence, Villanueva credits other former military men for his success. While working as a food server at a retired officers resort community in Riverside, Calif., Villanueva received mentorship from veterans and leaders from decades past. “I listened to many war stories, but the thing that stood out the most was their unwavering patriotism and love of their country,” said Villanueva. “Their stories echoed my father’s passion for the Corps and country. My only hope (is) to honor my family, my country and those who served before me in a way that only a Marine can.”

INDIA COMPANY



PLATOON HONORMAN
Lance Cpl. B. W. Mining
Deer Park, Texas
Recruited by
Staff Sgt. M. Garcia



SERIES HONORMAN
Pfc. A. A. Villanueva
Moreno Valley, Calif.
Recruited by
Staff Sgt. M. J. Mitton



PLATOON HONORMAN
Pfc. W. R. Trelut Jr.
Moraga, Calif.
Recruited by
Staff Sgt. J. J. MoralesGuevara



PLATOON HONORMAN
Pfc. M. M. Figueroa
Escondido, Calif.
Recruited by
Staff Sgt. M. Lopez



PLATOON HONORMAN
Pfc. N. R. Brock
Santa Barbara, Calif.
Recruited by
Sgt. K. C. Canlu



PLATOON HONORMAN
Pfc. U. C. Madrigal
Buena Park, Calif.
Recruited by
Staff Sgt. J. Ortega



PLATOON HONORMAN
Pfc. J. J. Bass
Chicago
Recruited by
Staff Sgt. J. Outsey

THIRD RECRUIT TRAINING BATTALION

Commanding Officer
Lt. Col. R. W. Gates
Chaplain
Lt. F. P. Munoz
Sergeant Major
Sgt. Maj. S. B. Mearkle
Battalion Drill Master
Staff Sgt. B. M. Fuller

COMPANY I

Commanding Officer
Capt. J. W. Black
Company First Sergeant
First Sgt. D. Edwards
Company Corpsman
Seaman E. Bonifacio

SERIES 3001

Series Commander
Capt. R. Wilson
Series Gunnery Sergeant
Staff Sgt. D. Menusa

SERIES 3005

Series Commander
Capt. T. T. Reddinger
Series Gunnery Sergeant
Gunnery Sgt. C. Balcazar

PLATOON 3001

Senior Drill Instructor
Sgt. M. Ramirez
Drill Instructors
Sgt. A. W. Schneider
Sgt. B. G. Cyphers
Sgt. I. Bambao

Pvt. M. B. Alvarez
Pfc. L. P. Andrus Jr.
Pvt. A. H. Barba
Pvt. T. S. Belli
Pvt. J. R. Bentley
Pfc. A. A. Bibanco
Pfc. S. A. Bibeau
Pfc. J. R. Blair
Pvt. M. Bracker
Pvt. T. C. Brown
Pvt. J. M. B. Burnett
Pfc. G. N. Campsey
Pvt. E. W. Carille

RECRUIT TRAINING REGIMENT

Commanding Officer
COL. W. M. CALLIHAN
Sergeant Major
SGT. MAJ. M. L. SHEPARD
Regimental Drill Master
GUNNERY SGT. P. DOMINGUEZ JR.
Parade Adjutant
CAPT. W. P. BROWN
Narrator
GUNNERY SGT. P. A. ROSENTHAL

MARINE BAND SAN DIEGO

Band Officer
CHIEF WARRANT OFFICER E. M. HAYES
Band Master
GUNNERY SGT. B. C. PARADIS
COLOR GUARD
SGT. T. J. PRICE
SGT. S. VILLARREAL
PVT. R. E. RUSSELL
PVT. U. L. SULLIVAN

MARINE CORPS RECRUIT DEPOT & WESTERN RECRUITING REGION
Commanding General
BRIG. GEN. J. M. PAXTON JR.
Sergeant Major
SGT. MAJ. F. E. PULLEY

Pvt. J. Castaneda
Pfc. G. E. Cheatum
Pvt. A. M. Cline
Pfc. F. M. Cortez
Pvt. C. M. Crockett
Pfc. C. J. Curg
Pvt. B. D. Curl
Pvt. J. C. Daclan
Pfc. L. M. Davis
Pvt. A. G. Diaz
Pvt. R. M. Dinga Jr.
Pfc. J. W. Ende
Pvt. D. Escobedo
Pfc. T. D. Eymann
Pvt. J. T. Gill
Pvt. M. A. Goodacre
Pfc. E. A. Goodknecht
Pfc. J. A. Grasso
Pfc. B. A. Hamm
Pvt. A. S. Harlodsden
Pfc. M. V. Hoovers
Pvt. B. G. Horlander
Pvt. R. W. Jasper
Pvt. C. Z. Johnson
Pvt. J. H. Kersey II
Pvt. J. Leon JR.
Pfc. B. J. Lindley
* Pfc. J. A. Lopez
Pfc. R. P. Lopez
* Pfc. M. A. Lopezgonzalez
Pfc. X. Lor
Pfc. C. B. Lotspeich
Pfc. S. C. Lubich
Pfc. M. T. Maenke
Pfc. B. S. Mann
Pvt. J. E. Maxie

Pvt. J. P. Meadows
Pvt. S. D. Meek
Pvt. I. R. Montez
Pfc. N. R. Moody
Pvt. R. S. Nai
Pfc. C. J. Neri
Pvt. J. C. Olson
Pvt. B. J. Orrock
Pvt. A. T. Patchin
Pvt. C. D. Peterson
Pvt. C. D. Pickerrell
Pfc. B. A. Pritto
Pfc. A. Prieto
Pvt. L. A. Ramirezlepe
Pvt. B. A. Ramsey
Pvt. D. B. Sewell
Pvt. C. A. Solis
Pfc. Z. G. Sowman
Pfc. C. J. Stephens
Pvt. D. E. Sterling
Pfc. N. W. Stevens
Pfc. D. J. Stroud JR.
Pvt. C. N. Struck
Pfc. C. A. Thompson
Pvt. C. J. Titus
* Pfc. W. R. Trelut Jr.
* Pfc. J. A. Uribe
Pvt. G. Urrutia
Pvt. C. J. Van Santen
Pvt. B. M. Widner
Pvt. D. L. Wiser
Pvt. T. M. Woods
Pfc. T. M. Yang

PLATOON 3002
Senior Drill Instructor

Sgt. P. J. Hermges
Drill Instructors
Sgt. E. A. Good
Sgt. P. Ruiz
Sgt. J. S. Satziman

Pvt. J. S. Adcock
Pfc. R. E. Alejandro
Pvt. J. D. Anderson
Pvt. S. A. Anderson
Pvt. K. P. Angeles
Pfc. J. D. Balderson
Pvt. C. R. Barnes
Pvt. D. C. Barr
Pvt. S. F. Beaver
Pfc. R. C. Beresh
Pfc. J. T. Berry
Pvt. R. J. Booker
Pfc. C. R. Boyer
Pvt. C. A. Brown
Pfc. D. M. Brown
Pvt. J. D. Burgess
Pfc. N. S. Bush
Pvt. J. L. Cajamarca
Pfc. J. B. Campbell
*Pfc. S. A. Canter
Pfc. S. A. Carroll
Pvt. I. L. Connally
Pfc. L. D. Cotts
Pfc. M. C. Cowles
Pvt. D. D. Endter
Pfc. L. H. Faber
Pfc. S. W. Facemire
Pvt. L. J. Flores
Pvt. S. D. Greene

Pvt. M. J. Hanks
Pvt. D. W. Hardison
Pvt. B. R. Hendershot
Pvt. J. P. Hernandez
Pvt. J. P. Hirschberg
*Pfc. M. L. Howard
Pvt. R. C. Huerta
Pvt. N. W. Ishmael
Pvt. D. J. Jenkins
Pvt. T. L. Johnson
Pfc. A. S. Kaminsky
Pvt. T. L. Kennedy
Pvt. J. E. Kubisiak
Pvt. B. T. Kunst
Pfc. D. B. Langford
Pvt. H. M. Lopez
Pvt. E. N. Lopez
Pfc. J. J. Meola
*Lance Cpl. B. W. Mining
Pft. J. J. Mustard
Pvt. C. D. Parkison
Pvt. R. G. Pate
Pvt. J. A. Payne
*Pfc. P. A. Peace
*Pfc. V. M. Perez
Pfc. C. S. Perkins
Pvt. D. M. Ridge
Pvt. A. Rios
Pvt. B. J. Ritter
*Pfc. M. R. Robinson
Pfc. D. D. Rosales
Pfc. L. E. Ross
Pfc. A. A. Russell
Pvt. E. A. Sampson
Pvt. M. D. Sanchez
Pfc. M. A. Sessions

PLATOON 3003

Senior Drill Instructor
Staff Sgt. S. M. Salazar
Drill Instructors
Staff Sgt. C. E. Allen
Staff Sgt. T. L. Hamilton
Staff Sgt. J. E. Haraway

Pvt. R. A. Algas
*Pfc. U. A. Aririele
Pvt. O. Avendano
Pvt. L. C. Avery
Pvt. J. W. Barker
Pvt. J. C. Birney
Pvt. D. B. Blount
Pvt. A. W. Burch
Pvt. B. A. Butcher
Pvt. D. Camacho
Pvt. D. K. Campbell
Pvt. D. L. Caples
Pvt. R. R. Cerda
Pvt. T. J. Chapin
Pfc. G. S. Concha
Pvt. B. P. Conger
Pvt. A. A. Cooper
Pvt. M. C. Desenfants
Pvt. M. W. Dudas
Pvt. J. A. Endebak
Pvt. J. L. Erickson
Pvt. A. F. Falcon
Pvt. C. J. Ferraris
Pvt. R. B. Fierro
*Pfc. M. M. Figueroa
Pvt. R. B. Figueroa
Pvt. R. J. Floyd
Pvt. J. W. Fouse
Pfc. S. G. Fox
Pvt. D. T. Franks
Pvt. A. J. Frasure
Pvt. J. L. Funk
Pvt. M. L. Garcia
Pvt. C. D. Geddes
Pvt. M. S. Graham
Pvt. G. L. Grant
Pvt. J. R. Griffin
Pvt. C. D. Hanners
*Pfc. P. J. Harrold
Pvt. A. D. Hemmick
Pvt. M. A. Higgs
Pvt. A. J. Hodges
Pvt. D. C. Hong
Pfc. J. Hong
Pvt. C. T. House
Pfc. C. L. Howlen
*Pfc. J. M. Johannsen
Pvt. K. S. Johnson
Pvt. A. F. Kelley
Pvt. J. T. Knight
Pvt. T. J. Labossiere
Pvt. D. J. Laing
Pvt. J. E. Larson
Pvt. D. L. Law
Pvt. A. E. Leitzke
Pvt. K. D. Macklin
*Pfc. J. R. Manning
Pvt. J. R. Martin
Pvt. J. A. McCord
Pvt. J. E. McMillin
Pvt. D. A. Miguez
Pvt. A. M. Moise
Pvt. F. W. Moore
Pvt. D. M. Newell
Pvt. J. A. Presley
Pvt. M. A. Puskas
Pvt. M. K. Ramirez
Pvt. G. M. Ray
Pvt. D. R. Ray
Pvt. J. M. Reid
Pvt. E. Rodriguez

Pvt. N. D. Rose
Pvt. P. S. Selby
Pvt. Z. Q. Shadrick
Pvt. B. J. Sixto
Pvt. G. Smith
Pvt. W. R. Stanley
*Pfc. J. A. Trevino
Pvt. B. M. Twichell
Pvt. J. L. Urrutia
Pvt. B. C. Weedop
Pvt. D. A. Wehlermann
Pfc. E. M. Whiteside
*Pfc. C. M. Wiedenmeyer
Pvt. K. D. Williams
Pvt. J. M. Yinglin
Pvt. M. J. Yerbey
Pvt. S. M. Young

PLATOON 3005

Senior Drill Instructor
Staff Sgt. E. R. Rogers
Drill Instructors
Staff Sgt. B. D. Rivers
Sgt. M. J. McManus

Pfc. P. C. Ahn
Pvt. T. C. Andrade
Pfc. J. Andrade
Pfc. K. C. Austin
Pfc. D. A. Auterson
Pfc. J. S. Belyeu
Pvt. K. J. Booker
Pvt. R. N. Braswell
Pvt. C. J. Bravo
Pvt. D. N. Bredy
Pfc. T. A. Brixe
* Pfc. N. R. Brock
Pvt. J. L. Burnett
Pvt. G. L. Bustillos
Pvt. J. S. Butler
Pfc. J. R. Calderon
Pvt. L. F. Calderonquezada
Pfc. J. R. Carter
Pvt. C. E. Case
Pvt. D. M. Caster
Pvt. A. N. Clark
Pfc. S. G. Cousin
Pvt. K. A. Curtiss
Pvt. J. R. Daugherty
Pvt. C. L. Duncan
Pvt. S. A. Ettleman
Pvt. J. B. Ferguson
Pvt. L. S. Fortezzo
Pvt. S. D. Gabbert
Pfc. J. J. Gigrich
Pvt. S. H. Green
Pvt. J. A. Hall
Pfc. N. C. Hess
Pvt. R. W. Holden
Pvt. D. J. Humble
Pvt. L. D. Jones
Pfc. T. N. Jordan
Pfc. S. L. Kleinfelder
Pfc. N. J. Kolberg
Pfc. J. M. Landeros
*Pfc. M. B. Lewis
Pfc. J. A. Martinez
Pvt. B. J. McElhiney Jr.
Pfc. J. Mejia
Pfc. M. T. Mocer
Pfc. G. J. Mouanetry
Pfc. M. D. Mukadi
*Pfc. M. C. Mullin
Pvt. K. J. Murguia
Pvt. J. R. Nall
Pfc. A. A. Pedroza
Pvt. A. E. Peeples
Pvt. J. E. Pouzanoff
Pvt. R. M. Pudella
Pvt. K. W. Riggs
Pvt. N. V. Roberts
Pvt. K. L. Rocheleau
Pvt. A. Z. Russell
Pvt. P. M. Schmidt
Pfc. M. J. Schulke Jr.
Pfc. M. J. Scott
Pvt. R. P. Shepherd
Pfc. D. T. Stephens
Pvt. N. D. Stirm
*Pfc. J. S. Strange
Pvt. T. V. Ta
Pvt. H. C. Tao
Pvt. N. A. Tuttle

COMPANY CURIOSITIES Here's how men from India Company answered Chevron's random questions about their interests and boot camp experiences:

Q: What was the hardest civilian habit to break?



Pvt. Jacob C. Nielsen
Coeur d'Alene, Ind.

A: Popping my knuckles.

Q: What was the worst day in boot camp?



Pfc. Christopher W. Kubat
St. Peters, Mo.

A: The day of the Reaper.

Q: What was the scariest moment of recruit training?



Pvt. Jacob A. Creech
Midland, Texas

A: The first time I met my drill instructors.

Q: What's the best MRE?



Pvt. Clinton A. Griffin II
St. Louis

A: Beef ravioli, because it had pound cake in it.

Q: What is your favorite sports team?



Pvt. Chad Johnson
De Pere, Wisc.

A: Chicago Bears.



Chuck Hansen

PARADE REVIEWING OFFICER

Hansen is currently vice president of community relations for Viejas Enterprises.

Since 1993, he has enhanced community relation programs between numerous charitable organizations and community groups in San Diego and the Viejas Band of Kumeyaay Indians, through his role in promoting civic responsibility, community development, the arts and tourism.

He serves on numerous boards of directors to including community organizations such as the Asian Business Association, Holiday Bowl, Urban League and the San Diego East Regional Chamber of Commerce.

Prior to his current position, Hansen was vice president of marketing for Atlas Hotels in San Diego and vice president of marketing for Pacific Southwest Airlines.

In 2003, he was appointed by the governor to the position of commissioner on the California State Travel and Tourism Commission.

Hansen has served as the executive director of America's Cup Services, and today represents this year's San Diego Fleet Week festivities as its chairman.



Platoon 3003
HIGH SHOOTER (241)
Pfc. C. M. Wiedenmeyer
Frenchtown, Mont.
Marksman Instructor
Sgt. Thomas J. Segovia

Platoon 3006
HIGH PFT (300)
Pvt. R. J. Cranford
Sallisaw, Okla.
Recruited by
Sgt. T. Mills

Pfc. N. T. Samuelson
Pfc. B. M. Scardino
Pvt. S. A. Schierbeek
Pvt. R. J. Schnabl
Pvt. R. O. Villamor
Pvt. M. W. Scott
*Pfc. J. D. Shymanik
Pvt. R. H. Silva
Pvt. R. D. Smith
Pfc. T. A. Steber
Pvt. T. R. Strickler
*Pfc. M. J. Suetos
Pvt. J. A. Sullivan
Pvt. J. M. Thurin
Pfc. Z. S. Tomoson
Pvt. M. A. Topness
Pfc. M. P. Torres
Pvt. G. T. Travis
Pvt. B. J. Valdez

Pvt. A. J. Valdiviezo-Dominguez
Pvt. S. Villa
Pvt. A. M. Villalobos
Pvt. R. O. Villamor
*Pfc. A. A. Villanueva
Pvt. R. T. Volk
Pfc. J. M. Walker
Pvt. S. E. Watson
Pfc. M. T. Welch
Pvt. T. E. Welsh
Pvt. T. C. Werner
Pvt. J. A. Wisehart
Pvt. E. G. Wright
*Pfc. D. M. Yoell
Pvt. N. K. Young
Pfc. A. M. Ysquierdo

*Meritorious promotion



Pfc. N. D. Gray, Platoon 3008, Company I, positions to start a push-up. Gray's platoon was required to perform countless push-ups throughout training. Pfc. Dorian M. Gardner/Chevron

COAST GUARD TAKES CG'S CUP SOCCER



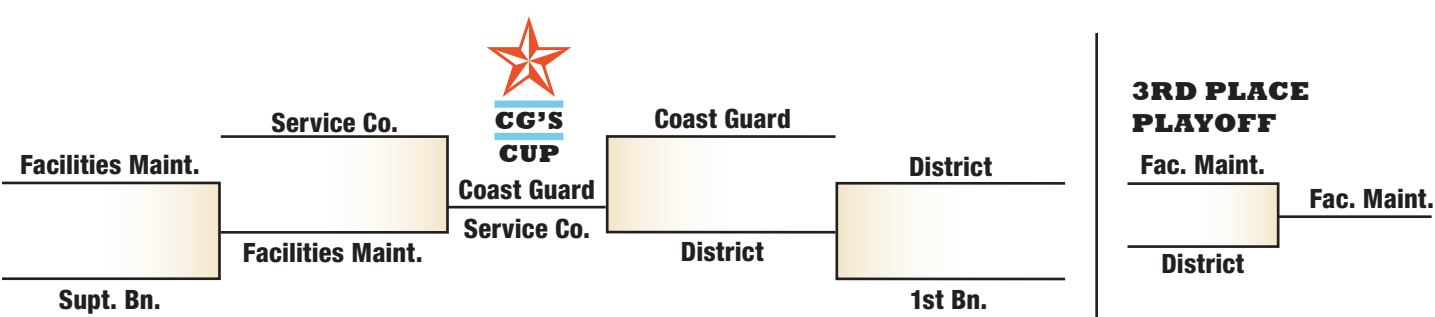
In action against 1st Bn., District's goalie Sgt. Stephen L. Standifird clears the defensive end after a shot block.



Coast Guard striker Petty Officer 3rd Class Jonathan G. Gentile dodges Pfc. Fabiola Escobedo and attacks Service Company's defensive end. Lance Cpl. Mikel L. Savides/12th Marine Corps Recruiting District photos

Championship Contenders SEASON '04				
Coast Guard				
WIN	2	0	1st Bn.	
WIN	1	0	Supt. Bn.	
WIN	*	*F	2nd Bn.	
WIN	2	0	District	
LOSS	0	3	Fac. Maint.	
TIE	3	3	Service Co.	
Service Co.				
WIN	1	0	District	
WIN	6	1	Fac. Maint.	
WIN	2	0	Supt. Bn.	
WIN	*	*F	2nd Bn.	
TIE	3	3	Coast Guard	
WIN	2	1	1st Bn.	

*F — forfeit



BY PFC. DORIAN M. GARDNER
Chevron staff

Service Company, which placed first in regular season play, lost 2-0 to Coast Guard Sept. 28 in the Commanding General's Cup soccer tournament championship game at Beeson Field.

These two top-ranked teams were odds-on favorites to appear in the championship.

After tying in previous play-off action against Facilities Maintenance, Service Co. advanced to the finals by winning a shoot-out. With one goal apiece, Service Co. halfback Pfc. Fabiola Escobedo shot

the winning goal that sent Service Co. to the championship game.

Among six teams competing in the tourney, Coast Guard proved to be the strongest force on the field.

In the beginning of the first half, Service Co. striker and All-Marine soccer veteran Lance Cpl. Eric J. Norfleet attacked the net without hesitation. He said aggressive play is the only way to win.

However, the winning team relied on ball movement, according to Coast Guard striker Petty Officer 3rd Class Jonathan G. Gentile.

Gentile opened up the scoreboard early in the first.

Service Co. sweeper Lance Cpl. Jared M. Padula defended the backfield, but Coast Guard attacked the net with a second goal by Coast Guard Lt. j.g. Scott Cieplik.

At the half, Service Co. was shut out by two goals, but after motivating words from right full back Lance Cpl. Chris J. Hale, the team was not ready to accept defeat.

Unfortunately for Service Co., their six-man roster lost steam against the rotating Coast Guard's depth.

"A lot of substituting in and out helped the players to stay in the game and come out of it with the win," said Gentile.

Both teams hustled to the last second and walked away with their heads high.